

# December Senior Center Gazette 2004

## Fremont Senior Center Holiday Activities

**Tues. Nov. 30, 10 a.m.**  
**Decorate the Center**  
Hot cider & cookies

**Holiday Paella Lunch**  
**Tuesday, December 7, 12:00**  
**\$5, \$6, & \$7**

Don your festive wear & join us:  
**Holiday Lunch Celebration**  
**Tuesday, Dec. 14, 12 Noon**  
Roasted Rib Eye Steak  
Baked Potato, Salad  
Vegetable, Roll, Dessert  
\$5 members  
\$6 non-member seniors  
\$7 "youngsters" under 55

**Tuesday, Dec. 14, 1 p.m.**  
**Gene Osofsky, Atty at Law**  
**"Everything You Always  
Wanted to Know About  
Living Trusts, Wills, &  
Powers of Attorney...  
But Were Afraid to Ask"**

You have been asking for information on trusts. Don't miss this special workshop for seniors. Gene Osofsky has more than 20 years of experience & is a member of the National Academy of Elder Law Attorneys. He recently co-authored "The Consumer's Guide to Medi-Cal Planning", a consumer-friendly guide to paying for nursing home care.

**Monday, Dec. 20, 9:00 am**  
**Grandparent's &  
Grandchildren's Breakfast**  
\$5 members,  
\$6 non-member seniors  
\$3 children under 12

Entertainment by the Prince of Peace Lutheran Church Bell Choir  
Pictures of guests & Santa Claus  
Sausage, Ham, Bacon Eggs, Hash  
Brown Pancakes, Syrup, Jelly  
**No lunch served today.**

**The Senior Center will close on  
Tuesday, Dec. 21, & reopen on  
Monday, Jan. 3, 2005.**  
**HAPPY NEW YEAR TO ALL!**

## COMMUNITY SERVICES

<b>SENIOR SERVICES.....</b>	<b>574-2050</b>
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	<b>574-2082</b>
Tri-City Elder Coalition.....	<b>574-2064</b>
<b>LIFE ELDERCARE.....</b>	<b>574-2090</b>
Caregivers Support.....	<b>574-2035</b>
Home Services Registry.....	<b>574-2095</b>
Meals on Wheels.....	<b>574-2092</b>
Friendly Visitor Program.....	<b>574-2097</b>
<b>TRANSPORTATION ASSISTANCE</b>	
AC Transit Information*.....	<b>511</b>
City of Fremont Paratransit Program.....	<b>574-2053</b>
East Bay Paratransit Program.....	<b>1-800-555-8085</b>
<b>HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....</b>	<b>494-4500</b>
<b>LEGAL ASSISTANCE FOR SENIORS.....</b>	<b>1-800-393-0363</b>
<b>SOCIAL SECURITY.....</b>	<b>1-800-SSA-1213</b>
<b>MEDICARE.....</b>	<b>1-800-952-8627</b>
<b>MEDICARE &amp; INSURANCE COUNSELING(HICAP).....</b>	<b>839-0393</b>
<b>TRI-CITY HEALTH CLINIC.....</b>	<b>713-6685</b>
<b>SENIOR LIBRARY SERVICES.....</b>	<b>745-1499 or 745-1491</b>
<b>SENIOR PEER COUNSELING.....</b>	<b>574-2063</b>
<b>ALZHEIMER ASSOCIATION HOTLINE.....</b>	<b>1-800-660-1993</b>

\*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.

## City of Fremont Human Services Department and Tri-City Elder Coalition Receive Grant to Improve Local Services for Older Adults

The Tri-City Partnership for Older Adults was selected to receive a \$150,000 grant from The Robert Wood Johnson Foundation through its *Community Partnerships for older Adults (CPOA)* national program. Over the next 18 months, the City of Fremont Human Services Department and the Tri-City Elder Coalition will develop plans for improving long term care and supportive services systems that will respond to the current and future needs of at-risk older adults in Fremont, Newark and Union City.

The Tri- City Partnership for Older Adults was one of eleven communities - ranging from rural to urban - selected from a field of 486 applicants to receive the CPOA development grants.

The project will work to develop a 10-year action plan to ensure elders in the Tri-Cities will have a rich continuum of preventative, acute, and chronic care services. The plan will pay special attention to the needs of a culturally diverse senior population, medically fragile elders, and the baby boomer wave of seniors. Please ask at the Senior Center Office for more information.



**Birthday Party**  
**Friday, Dec. 10**  
**1:30 pm**

**Senior Center Singers**  
**Mission San Jose**  
**High School Singers**

Everyone join in the singing, even if December is not your birthday month. Cake, ice cream, and coffee will be served in the dining room after the show. Prizes will be awarded in a drawing from the names of seniors present that have birthdays in December. Prizes have been donated by Kathy's Floral Design in the Walnut Plaza, Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.